



What to Do if You Think You May Have the Mumps

Mumps is a viral illness

- It is spread by contact with saliva (e.g., sharing eating utensils, drinking glasses or straws, kissing) and airborne respiratory droplets – similar to influenza.
- Symptoms include: low-grade fever, headache, muscle ache, decreased appetite and swollen glands under the jaw. As many as 15-27% of people infected with mumps may have no symptoms at all.
- Mumps is generally a mild to moderate illness, with complete recovery and no long-term health problems in most cases. Hospitalizations are uncommon. Complications, such as male testicular inflammation and deafness can occur.

What should I do if I have these symptoms?

- People with these symptoms should stay home from work, school or childcare, and contact their personal health care provider.
- Contact your health provider by telephone. Those providers will make arrangements to minimize chances you will spread the illness in waiting rooms (perhaps by wearing a mask).
- Isolate yourself at home until 5 days after onset of symptoms or until symptoms go away – whichever time period is longer.

What steps can I take to prevent becoming infected with mumps?

- Personal action, such as hand washing, covering your coughs and sneezes, not sharing cups, utensils or food, and staying home when sick, can help reduce your chances of getting and spreading mumps.
- All health care workers, and especially those who work in acute care or with people at high risk for mumps complications (such as OB-GYN), should receive two doses of Measles, Mumps, Rubella (MMR) or have serologic evidence of immunity.
- College campuses are at high risk of mumps outbreaks because of close living quarters, large public gatherings and behaviors conducive to spreading saliva and respiratory droplets.
- Students, staff and faculty should make sure they are immune to mumps. Immunity to mumps includes:
 - 2 doses of MMR vaccine given at least 4 weeks apart
 - Laboratory confirmation of mumps disease
 - Laboratory confirmation of mumps immunity
- If mumps is occurring among your family, friends or community, insure everyone has received two doses of MMR (or had mumps already).

There is a vaccine to prevent mumps disease

- Virtually all Iowa school children have received two doses of the MMR vaccine.
- Two doses of MMR vaccine is approximately 88% effective in protecting against mumps disease. This means out of every 100 people who received 2 doses of MMR vaccine 12 did not develop protective antibodies against mumps disease.
- The mumps vaccine is effective in preventing disease. Without mumps vaccination there would be considerably more cases than we are currently seeing.
- Those who are not yet immune to mumps should receive age appropriate MMR. The first dose of MMR vaccine should be given on or after 12 months of age and the second dose is usually given when the child is 4–6 years of age.